



Logitech[®]

Comfort Guidelines

Feels Good, Feels Better

Whether you spend five minutes or five hours using your mouse or trackball, these suggestions can help you stay comfortable and productive.

Recent research suggests that long periods of repetitive tasks or an improperly set-up workspace may lead to physical discomfort or injury.

Use these tips to maximize your comfort.

Make sure that your workspace is set up properly

Place your mouse or trackball within easy reach at elbow height with your forearm parallel to the floor. Your elbow should be next to your side.

Your keyboard should be directly in front of you with your mouse or trackball sitting next to it.

You do **not** need to use a mouse pad with your high-performance mouse. If you choose to use a mouse pad anyway, be sure to consider the thickness of the mouse pad when you set up your workspace, because a mouse pad may raise your mouse higher than your elbow.



Do

- Do adjust the height of your chair and table to have the mouse or trackball at elbow height.
- Do have your elbow next to your side.
- Do have your forearm parallel to the floor.

Keep your wrists and hands relaxed and comfortable as you work



Do



Don't



Don't

Relax your arms loosely at your sides for a moment, dangling them toward the floor. That's the position you want to keep for your shoulders, wrists, and hands when you use your mouse or trackball.

As you use your mouse or trackball, make sure that your elbow is next to your side. Keep your wrist relaxed and straight—don't bend it up, down, or to either side. Keep your shoulders relaxed and straight.



Do



Don't



Don't

Rest your hand lightly on the mouse or trackball

You'll find it easier and more comfortable to get the control you want if you're not squeezing the mouse or trackball too tightly.

Use the included software to customize your mouse or trackball

Using the unique software features can help you reduce stress on your arm, wrist, and hand by minimizing repetitive or awkward motions. Refer to the accompanying manual for more information about the features and how to use them.

Take breaks

Get up and move around occasionally. Some studies suggest staying too long in one position – or repeating the same motion many times—may cause discomfort and injury. Do something different with your hands and arms for a while.

Be alert to signs of discomfort

Contact a doctor if you experience pain, tenderness, swelling, burning, cramping, stiffness, or numbness in your fingers, hands, wrists, arms, or shoulders.